



Army Community Service
**FAMILY ADVOCACY
PROGRAM**



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REUNION STRESS



“Reality Check”

Whether you are single, married, a single-parent, spouse, or a child, you may face certain **stressors associated with reunion/reintegration!**

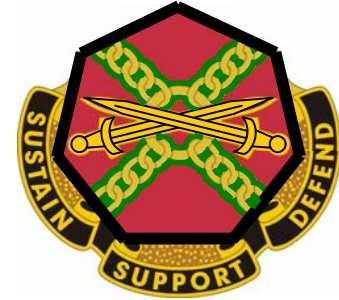


Change is Major Cause of Stress



- Anything that causes Change in your Daily Routine
- Anything that causes Change in Body Health
- Imagined Changes are just as stressful as real changes





Dynamics of Change

You can view change as...

- Crisis or Threat _____ Hidden Opportunity
- Avoidance _____ Embrace
- Denial _____ Acknowledgement
- Blaming others _____ Personal Responsibility
- Fear _____ Face it-Reality
- Negative _____ Positive

Change is a reality of life!



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Reunion/Reintegration

Stressful Concerns...

- I didn't expect things to change
- Can I make up for lost time
- When will things feel normal again
- Does my partner still love me
- Was I missed
- Where do I fit in now
- I am concerned about future deployments
- No one understands what I have been through
- Was my spouse faithful



Reunion Stress Symptoms



- Irritability, hyper-excitability
- Loss of appetite
- Body-aches
- Headaches
- Accident proneness
- Over-eating
- Emotional tension
- Anxiety
- Insomnia
- Inability to concentrate
- Increased tendency to move about
- Depression



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Stress Tips

Three Key points.....

You must be able to take care of yourself and be healthy in order to deal with life challenges.

- **Rest- Recommended 7 to 8 hours**
- **Exercise- Enjoyable, 20 Minutes, 3 times a week**
- **Nutrition- Eat healthy, stay away from fats and sugar.**



Pick –me-up's



- **Sugar**
- **Caffeine**
- **Alcohol**
- **Tobacco**
- **Drugs**
- **Adrenalin**



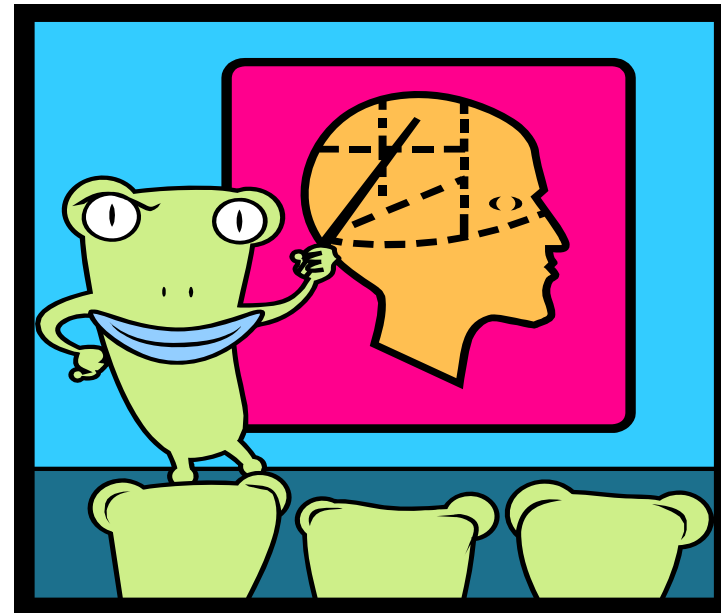


Happy Messengers

Neurotransmitters



- **Serotonin**
let's you sleep
- **Noradrenalin**
Gives you energy
- **Dopamine**
Sets your pain & pleasure levels





Stress Management Techniques



- **Expect Differences/Changes**
- **Talk out your troubles**
- **Confront Problems in a positive way**
- **Develop a support system**
- **Communicate Expectations**
- **See things from the other person's point of view**
- **Learn to tolerate and forgive**
- **Manage your time more effectively**
- **Accept and share your feelings**
- **Focus on the Future**
- **Stay Positive**
- **Seek Help if needed**



Post Traumatic Stress Disorder (TS)

TS is an emotional and psychological response to trauma (a painful, shocking experience).



Three Types



- **Acute**
- **Chronic**
- **Onset Delay**

To qualify for a formal diagnosis, the symptoms must persist for over one month, cause significant distress, and affect the individual's ability to function socially, occupationally, or domestically.



PTSD Symptoms



- **Flashbacks**
- **Isolation**
- **Alienation**
- **Avoidance of feelings**
- **Rage**
- **Nightmares**
- **Startled responses**
- **Survivor guilt**
- **Reliving the trauma**
- **Panic symptoms**
- **Explosive outbursts**
- **Sleep disturbances**

Professional help is available



Potential issues for Partner Abuse

- Previous relationship problems
- Infidelity
- Financial mismanagement
- Power and control issues
- Child management
- Change in belief systems



DANGER SIGNS

Relationship Conflict



- ☐ Escalation
- ☐ Invalidation
- ☐ Negative Interpretations
- ☐ Withdrawal





COMMON CONFLICT



The three most common areas of conflict are...

MONEY

and...

COMMUNICATION

SEX



Don't tug and fight too hard, you'll end up with the sharks!



Importance for seeking help

- **Safety**
- **Opportunity for both partners in the relationship to receive help**
- **Allows for Professional Help**
- **Supports** the re-establishment of healthy relationships
- **Maintain valued relationships**



Referral Sources



- **Emergency situation - 911**
- **Installation Report Point of Contact 287-CARE**
- **Department of Social Work 288-6474**
- **DSW Care Managers 288-6474**
- **Community Mental Health Services 287-7712**
- **Chaplains Crisis Hotline 287-CHAP**
- **Spouse/Partner & Child Abuse 287-CARE**
- **Families In Crisis 634-1184**
- **Army One Source 1-800-464-8107**



Referral Sources



- **National Domestic Violence Hotline 1-800-799-SAFE**
- **Chaplains Family Life Training Center-Marriage & Family Counseling 288-1757**
- **Army Substance Abuse Program 287-3378**
- **Tri-Care 1-800-406-2832**
- **National Alcohol and Drug Hotline
1-800-662-HELP**
- **Child/Adolescent Psychiatry Evaluation Service 287-5131**
- **Fort Hood Family Advocacy Program**
 - **ACS FAP Prevention and Education 286-6774**
 - **MEDDAC, DSW Treatment 288-6474**



In Closing . . .

- Reunion/Reintegration may be a challenge
- Communicate your expectations
- Acknowledge **stressors** and **change**
- Utilize available **resources** and **assistance**
- Enjoy your valued relationships

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Have
a great reunion!

